



CLASSES

HEALTHCARE



DIABETES RESOURCE GUIDE



SUPPORT GROUPS

**PHARMACEUTICAL PATIENT
ASSISTANCE PROGRAMS**



EXERCISE

ADDITIONAL RESOURCES



COALITIONS

DID YOU KNOW?

Approximately **78,800** adults (ages 21+) in Fayette County are living with pre-diabetes. **18,500** have diabetes.

If you have pre-diabetes (often called “borderline”), ***YOU CAN PREVENT TYPE 2 DIABETES*** by losing 5-7% of your weight and staying physically active 150 minutes a week.

Reaching those goals will lower your risk of diabetes by **58%**. Those age 60 or over can lower their risk of diabetes by **71%**.

Several organizations in Fayette County offer these programs. Choose a location that is right for you (pg. 2-3).

Diabetes Self Management Education (DSME) programs teach those already diagnosed with diabetes the skills they need to control the disease and prevent serious complications.

Diabetes Prevention Programs (DPP) are 12 months long and taught in a small, supportive group setting.

CLASSES

BAPTIST HEALTH LEXINGTON

Diabetes Prevention Program & Diabetes Self-Management
1740 Nicholasville Rd.

Contact: kstanley@bhsi.com; 859-260-5122

Please call for details of date, time, location, and cost of program.

Meeting: DPP class meets weekly for 16 weeks then monthly.

BLUEGRASS AREA DEVELOPMENT DISTRICT

Chronic Disease Self-Management & Diabetes Self-Management Programs

Contact: ljacobs@bgadd.org; 859-269-8021

Please call for details of date, time, and location.

Meeting: Weekly for 6 weeks. 2 hour sessions.

Cost: FREE

FRESENIUS KIDNEY CARE

Chronic Kidney Disease (CKD) and Treatment Options Education Program

Contact: julie.c.lynch@fmc-na.com; 859-550-3286

Please call for details of date, time, and location.

Meeting: Single 2.5 hr. class offered twice monthly.

Cost: FREE

KC WELLNESS

Diabetes Prevention Program

540 W. 3rd St.

Contact: kacymb@kcwell.com; 859-269-9934; 877-634-1412

Meeting: Class meets weekly for 16 weeks then monthly.

KENTUCKYONE HEALTH DIABETES & NUTRITION CARE PROGRAM

Diabetes Prevention Program & Diabetes Self-Management

1594 Harrodsburg Rd.

Contact: DPP: janelleschnake@sjhlex.org; barbarabaumgardner@sjhlex;
859-313-2595; 859-313-4447; DSME: 859-313-2393

Please call for details of date, time, location, and cost of program.

DPP meeting: Class meets weekly for 16 weeks then monthly for 6-8 months.

DSME meeting: 3 class series once a week for 3 weeks with a follow-up class.

KROGER PHARMACY

Diabetes Prevention Program & Diabetes Self-Management

1808 Alexandria Dr.

Contact: brooke.hudspeth@kroger.com; 859-373-0841; 859-806-0310

Please call for details of date, time, location, and cost of program.

Meeting: DPP class meets weekly for 16 weeks then monthly.

LEXINGTON FAYETTE COUNTY HEALTH DEPARTMENT

Diabetes Self-Management Program Workshops

Contact: carolr.hisle@ky.gov; 859-288-2310

Please call for details of date, time, and location.

Meeting: Class meets once a week for 4 weeks for 2 hours.

Cost: Workshop is FREE. The class includes a workbook, snack, and door prizes!

YMCA OF CENTRAL KENTUCKY

Diabetes Prevention Program

High Street, Beaumont Centre, North Lexington

Contact: dpeterson@ymcacky.org; 859-258-9622 ext. 22

Meeting: DPP class meets weekly for 16 weeks then monthly.

Cost: \$429. Scholarships available. Insurance covers for UHC members and Anthem KEHP employees (includes 6 month household YMCA membership \$545 value).

SUPPORT GROUPS

BLUEGRASS COMMUNITY HEALTH CENTER HEALTH CHATS

1306 Versailles Rd. Ste 120

Contact: 859-288-2310; 859-263-2507

Meeting: 6-7:00 PM. Fourth Wednesday of each month. A different self-care behavior emphasized each session.

Cost: FREE

Sponsored by Lexington-Fayette County Health Department

EAT, MOVE, LOSE

2433 Regency Rd.

Contact: nancyg.hiner@ky.gov: 859-288-2344

Meeting: 12-1 PM. First and Third Tuesdays of every month. Learn ways to lose weight and keep it off to improve blood sugar numbers.

Cost: FREE

Sponsored by Lexington-Fayette County Health Department

LEXINGTON SENIOR CITIZENS CENTER

Please call for current location.

Contact: 859-288-2446

Meeting: 10-11 AM. Second Monday of each month. Learn ways to manage your diabetes, meet others who understand your struggles, or ask questions. Family members are encouraged to attend with you.

Cost: FREE

Sponsored by Lexington-Fayette County Health Department

KENTUCKYONE HEALTH DIABETES AND NUTRITION CARE PROGRAM

1594 Harrodsburg Rd.

Contact: 859-313-2595

Meeting: Third Tuesday of each month. A gathering for anyone who has diabetes or is interested in learning more about managing diabetes. Family members and friends welcome. Please bring your own lunch. Coffee and water available for 50 cents.

KENTUCKYONE HEALTH DIABETES LUNCH BUNCH

Meets monthly. On summer break; to restart September 2016

Contact: For information and to get on list for September, call 859-313-2595

NATHANIEL MISSION HEALTH CHATS

1109 Versailles Rd. Ste 400

Contact: 859-288-2310; 859-288-2446

Meeting: 4-5 PM. Fourth Tuesday of each month. A different self-care behavior emphasized each session.

Cost: FREE

Sponsored by Lexington-Fayette County Health Department

UK POLK-DALTON CLINIC HEALTH CHATS

217 Elm Tree Ln.

Contact: 859-288-2310; 859-288-2446

Meeting: 6:15-7:30 PM. Second Tuesday of the month. A different self-care behavior emphasized each session.

Cost: FREE

Sponsored by Lexington-Fayette County Health Department

EXERCISE

LOW-IMPACT AEROBICS & KETTLEBELL CLASSES, SENIOR AEROBICS/ SOLID GOLD & YOGA CLASS

William Wells Brown Community Center, 548 East 6th St.

Contact: 606-389-6678

Sponsored by Lexington Parks & Recreation

COALITIONS

FAYETTE COUNTY DIABETES COALITION

Contact: 859-288-2310; carolr.hisle@ky.gov; www.fcdc.info;

www.facebook.com/FayetteCountyDiabetesCoalition

Meeting: Bi-monthly (locations and times may vary)

KENTUCKY DIABETES NETWORK

Contact: 502-564-7996 ext. 4444; becki.thompson@ky.gov; www.kydiabetes.net

Meeting: Quarterly (locations may vary)

HEALTHCARE

BAPTIST HEALTH LEXINGTON

Diabetes Education Department

1740 Nicholasville Rd.

Contact: 859-260-6100

BLUEGRASS COMMUNITY HEALTH CENTER - HISPANIC

1306 Versailles Rd. Ste 120

Contact: 859-259-2635 or 859-263-2507

HEALTHFIRST BLUEGRASS DENTAL CLINIC

2433 Regency Rd.

Contact: 859 288-2425; after hours 859-335-7200

Cost: Sliding scale

HOPE CENTER COMMUNITY HEALTH CENTER

360 W. Loudon Ave.

Contact: 859-288-2458

INTERNAL MEDICINE ASSOCIATES

1401 Harrodsburg Road, Ste. B160

Contact: 859-276-4486

KENTUCKYONE HEALTH

1 Saint Joseph Dr.; Contact: 859-313-1000

150 N. Eagle Creek; Contact: 859-967-5000

LEXINGTON CLINIC ENDOCRINOLOGY

1221 S. Broadway

Contact: 877-232-3533; 859-258-4401; LexingtonClinic.com/endocrinology.html

LEXINGTON FAYETTE COUNTY HEALTH DEPARTMENT

Diabetes Education

2433 Regency Rd.

Contact: 859-288-2310

LEXINGTON RESCUE MISSION HEALTH CLINIC

444 Glen Arvin Ave.

Contact: 859-381-9600

LEXINGTON VA MEDICAL CENTER

1101 Veterans Dr.

Contact: 859-233-4511

NATHANIEL MISSION HEALTH CLINIC

616 DeRoode St.

Contact: 859-255-0062

THE REFUGE CLINIC

2349 Richmond Rd. #220

Contact: 859-225-4325

UK POLK-DALTON CLINIC

217 Elm Tree Ln.

Contact: 859-257-8801

UK SALVATION ARMY CLINIC

736 W. Main St.

Contact: 859-488-1223

PHARMACEUTICAL PATIENT ASSISTANCE PROGRAMS GET HELP WITH FREE OR DISCOUNTED MEDICATIONS

ABBVIE PATIENT ASSISTANCE FOUNDATION

Abbott Laboratories

Contact: www.abbviepaf.org; 800-222-6885

AZ&ME PRESCRIPTION SAVINGS PROGRAM

AstraZeneca Pharmaceuticals

Medications: Farxiga (dapagliflozin), Onglyza (saxagliptin)

Contact: www.astrazeneca-us.com; 800-292-6363

BARACLUDE PATIENT ASSISTANCE PROGRAM

Bristol-Myers Squibb Company

Medications: Evotaz (atazanavir/cobicistat)

Contact: www.bms.com; 855-898-0267

BAYER HEALTHCARE PATIENT ASSISTANCE PROGRAM

Bayer Corporation

Medications: Adalat® cc, Angeliq® Tablets, Biltricide®, Cipro-HC Otic, I.V. Oral Suspension, Cipro® XR, Climara- Pro®, Desonate®, Finacea, Menostar, Precose

Contact: www.bayerpharma.com; 866-575-5002

BD INSULIN SYRINGE ASSIST PROGRAM

BD Becton, Dickinson and Company

Medications: BD Syringe, and Pen Needles, Lancets

Contact: www.bd.com; 866-818-6906

BOEHRINGER INGEL

Medications: Tradjenta (linagliptin)

Contact: www.boehringer-ingelheim.com; 800-556-8317

BRIDGES TO ACCESS

GSK- GlaxoSmithKline

Medications: Avandia (rosiglitazone)

Contact: www.gskforyou.com; 866-728-4368

Only available if you have no prescription coverage

BRISTOL-MYERS SQUIBB COMPANY PATIENT ASSISTANCE FOUNDATION

Bristol-Myers Squibb Company

Medications: Daklinza (daclatasir), B12 Eliquis (apixaban), Empliciti (elotuzumab), Ixempra (ixabepilone), Nulojix (belatacept), Opdivo (nivolumab), Orenzia (abatacept), Sprycel (dasatinib), Yervoy (ipilimumab)

Contact: www.bmspaf.org; 800-763-0003

CHRONIC DISEASE FUND

Contact: www.gooddaysfromcdf.org

CORNERSTONES4CARE PATIENT ASSISTANCE PROGRAM

Novo Nordisk Pharmaceuticals, Inc.

Medications: Novolin, Novolog vials, Levemir vials, Victoza includes needles if requested.

Contact: www.cornerstones4care.com; 866-310-7549

FINANCIAL ASSISTANCE PROGRAM

Medtronic Mini-Med

Medications: Insulin pumps, pump supplies

Contact: www.medtronicdiabetes.com/support/ordering/billing; 800-646-4633 option 4

GENETECH ACCESS SOLUTIONS

Roche Laboratories

Contact: www.genentech-access.com; 866-422-2377

GOOD SAMARITAN REQUEST FOR MEDICAL FUNDS ASSISTANCE

The Salvation Army Central Kentucky Area Services

Medications: Medical funds assistance with RX, durable medical equipment, medical supplies

Contact: www.ky.salvationarmy.org/lex-kentucky; 859-252-7706 ext. 305

GSK ACCESS

GSK- GlaxoSmithKline

Medications: Avandia (rosiglitazone)

Contact: www.gskforyou.com; 866-518-4357

Only available for those with Medicare D

HEALTHWELL FOUNDATION

Contact: www.healthwellfoundation.org; 800-675-8416

HELP AT HAND

Takeda Pharmaceuticals North America

Contact: www.takeda.us; 800-830-9159

INVOKANA CAREPATH SAVINGS CARD

Janssen

Medications: Invokana (canagliflozin)

Contact: www.janssenprescriptionassistance.com; 877-468-6526

JOHNSON & JOHNSON PATIENT ASSISTANCE FOUNDATION (JJPAF)

Medications: Invokana (canagliflozin)

Contact: www.jjpaf.org; 800-652-6227

LILLY CARES

Eli Lilly & Co

Medications: Humalog, Humulin, Glucagon

Contact: www.lillytrueassist.com; 800-545-6962

MERCK'S PATIENT ASSISTANCE PROGRAM

Merck

Medications: Januvia (sitagliptin) tablets

Contact: www.merckhelps.com; 800-727-5400

PATIENT ACCESS NETWORK FOUNDATION

Contact: www.PANfoundation.org; 866-316-PANF

PATIENT ADVOCATE FOUNDATION

Contact: www.patientadvocate.org; 800-532-5274

PATIENT ADVOCATE FOUNDATION CO-PAY RELIEF

Contact: www.copays.org; 866-512-3861

PFIZER RX PATHWAYS

Pfizer

Medications: Glucotrol (glipizide)

Contact: www.pfizerRxpathways.com; 800-707-8990; 866-706-2400

REYATAZ PATIENT ASSISTANCE PROGRAM

Bristol-Myers Squibb Company

Medications: Reyataz (atazanavir), Sustiva (efavirenz)

Contact: www.bms.com; 888-281-8981

SCBN PATIENT ASSISTANCE PROGRAM

Contact: www.scbn.org; 888-331-1002

ADDITIONAL RESOURCES

AMERICAN DIABETES ASSOCIATION

Provides diabetes education and information.

Contact: www.diabetes.org; 800-342-2383; 859-268-9129

BENEFITS CHECK-UP

A service of the National Council on Aging that has information on benefits programs for seniors.

Contact: www.benefitscheckup.org

GET HELP LEXINGTON

A resource locator for anyone in search of substance abuse service.

Contact: www.GetHelpLex.org

IPUMP.ORG, INC.

Insulin pump and supplies. Pump must be requested by a doctor.

Contact: www.ipum.org

JUVENILE DIABETES RESEARCH FOUNDATION

Contact: www.jdrf.org; kentucky@jdrf.org; 502-485-9397

KENTUCKY DIABETES RESOURCE DIRECTORY

Contact: <https://prd.chfs.ky.gov/KYDiabetesResources/>

KYNECT

Kentucky's Healthcare Connection

Contact: www.kynect.ky.gov

MEDICAL FUNDS ASSISTANCE WITH RX, DURABLE MEDICAL EQUIPMENT, MEDICAL SUPPLIES

Medicare Parts A,B,C offer many free benefits.

Contact: www.ky.salvationarmy.org/lex-kentucky; 859-252-7706 ext. 305

MEDICINE, METERS, TEST STRIPS, SUPPLIES

Medicare Parts A,B,C offer many free benefits.

Contact: www.medicare.gov; 800-633-4227

NEW EYES FOR THE NEEDY

Purchases basic prescription eyeglasses through a well-established voucher program.

Contact: www.new-eyes.org

NICODERM CQ PATCHES

FREE Patches

Contact: www.nicodermcq.com

PARTNERSHIP FOR PRESCRIPTION ASSISTANCE

Helps qualifying patients without prescription drug coverage get the medicines they need. Many patients will get their medications at no cost or at discounted prices.

Contact: www.pparx.org; 888-477-2669

PREFERRED RX

Contact: www.thepreferredrxcard.com; 877-479-3472

RX ASSIST

Provides a comprehensive database of pharmaceutical assistance programs.

Contact: www.rxassist.org

RX HOPE

A web-based resource that acts as a facilitator in helping people get their medications for free or a small copayment.

Contact: www.rxhope.com

RX OUTREACH

Providing affordable medication through mail order. See appendix for specific diabetic information and cost.

Contact: www.rxoutreach.org; 888-796-1234; 877-318-9544 (diabetes supplies only)

TOGETHER RX

Contact: www.togetherrxaccess.com; 800-444-4106

